



Team Nutrition e-Newsletter – Sharing Team Nutrition Resources and Ideas
October 2004

The Team Nutrition (TN) e-Newsletter is published periodically to share TN resources developed by USDA and by State agencies with TN grant funding, and to share ideas for promoting healthy eating and physical activity through Team Nutrition at the State and local levels.

In this issue –

1. USDA awards 21 States with the 2004 Team Nutrition Training Grants
 2. USDA Back To School Tips For A Healthier School Year
 3. What's New at the Healthy School Meal Resource System (HSMRS)
 4. Nutrition Education Tool Kit for High School Students
 5. Idaho Recommendations for Promoting a Healthy School Nutrition Environment
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USDA awards 21 States with the 2004 Team Nutrition Training Grant

Through a competitive process, USDA awarded 21 State agencies with 2004 TN Training Grants for the period of Sept 30, 2004 to Sept 30, 2006. During the grant period, States will focus on preventing childhood obesity by improving healthy eating and physical activity in schools, childcare centers and homes, and/or community environments with a variety of approaches:

- Among the 21 States that were recommended for funding, 15 States will offer mini grants to local school districts, schools, child care providers, and after school programs to assist their efforts in promoting healthy eating and physical activity.
- 11 States' proposals focused specifically on improving students' fruit and vegetable consumption. Proposed activities include providing training to foodservice personnel on USDA's recent publication titled "Fruits and Vegetables Galore" and offering mini grants to local schools and child care providers for educational activities; many of them will collaborate with their respective States' 5 A Day Program.
- 12 of the 21 States will continue their efforts toward improving the school nutrition environment. Two States will specifically target high school students, aiming to establish vending machine policies for healthy beverage /food choices.

To find out more about what each of these 21 State agencies' plans for the 2004 TN grants, visit USDA's TN website at <http://www.fns.usda.gov/tn/Grants/tnt04.html>

Back To School USDA Tips For A Healthier School Year

USDA's Food and Nutrition Service (FNS) published a new Internet resource for parents, schools and communities to help foster healthy eating habits. "Tips for a Healthy School Year" encourage parents and schools to set the example by providing foods that are healthful and appealing and by incorporating daily physical activity into their schedule.

Located at http://www.fns.usda.gov/cnd/back_to_school/back_to_school_tips.htm, the page contains suggestions for parents, schools and communities. For example, parents can learn about Team Nutrition and the Eat Smart.Play Hard.™ campaign; school staff and teachers can find links to the new Fruits and Vegetables Galore kit and other educational materials; and families and communities can take inspiration from the USDA Changing the Scene action kit. The page also contains links to more information about the school meal programs and other nutrition and fitness campaigns and resources, including HealthierUS, 5 A Day, and the President's Council on Physical Fitness.

What is New at the Healthy School Meal Resource System (HSMRS)

As Team Nutrition's Training and Technical Assistance Component, the HSMRS assists state and local school food service programs meet the Dietary Guidelines for Americans. By using this Resource System, school nutrition personnel can easily locate appropriate and useful training materials available for loan from the collection of the National Agricultural Library. Our website includes supporting material such as training materials, recipes and food safety.

http://schoolmeals.nal.usda.gov/Resource_Cafe/index.html

Child Care Nutrition Resource system (CCNRS)

CCNRS provides child care providers with recipes, resources and information on preparing nutritious meals and food safety. Find materials for use with children as well as to educate the child care provider. <http://www.nal.usda.gov/childcare/Resources/resourcecafe.html>

Nutrition Education Tool Kit for High School Students

"Destination Wellness", a nutrition education tool kit for high school students, as developed by the Maryland State Department of Education funded by MD's 2002 Team Nutrition Training Grant. The Kit contains eight lessons, which meet the national standards for health education in nutrition for high school students. The kit can be used by health teachers, school nurses and health educators, Family and Consumer Science teachers, and others. The eight lessons are interactive and include a variety of hands-on activities. You can review and download the tool kit, lesson plans and the power point presentation at Healthy School Meals Resource System website <http://schoolmeals.nal.usda.gov/Training/md/index.html> . For more information regarding this Tool Kit, please contact Judith Dzimiera at MD State Department of Education jdzimiera@msde.state.md.us

Idaho Recommendations for Promoting a Healthy School Nutrition Environment

The Action for Healthy Kids Idaho and Idaho State Department of Education developed recommendations for Idaho schools to adopt policies that ensure all food and beverages available on school campuses and at school events contribute toward eating patterns that are consistent with the Dietary Guidelines. Recommendations include areas of school environment, nutrition

education for students, vending machines, school stores, classroom snacks, classroom rewards, food sold during fundraising activities, and pricing strategies for health. These recommendations were promoted to schools and educators through Idaho's TN Training Grant projects. You can review the full document at Idaho State Department of Education's website at <http://www.sde.state.id.us/child/default.asp>

About USDA's Team Nutrition - Team Nutrition is an integrated, behavior-based, comprehensive plan for promoting the nutritional health of the Nation's children. Team Nutrition uses three behavior-oriented strategies: 1) provide *training and technical assistance* to help Child Nutrition Program foodservice professionals to prepare and serve nutritious meals; 2) provide multifaceted, integrated *nutrition education* for children, their parents, and other adults who influence children's behavior; and 3) build *school and community support* to create a healthy school environment that is conducive to healthy eating and physical activity.

For more information regarding USDA's Team Nutrition and how to enroll your school as a Team Nutrition School, go to the USDA Web site at <http://www.fns.usda.gov/tn>

What is New on USDA's Team Nutrition Web site? – Check it out at <http://www.fns.usda.gov/tn/New/index.htm>